

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Strength Training @ 10 Cards, games & puzzles	3 Walkers @ 9am Pool 12:30-2:30	4 Strength Training @ 10 Cards & games NSL Wii Bowling	5 Walkers @ 9am Canasta @ 12:30 Wii Bowling
8 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30- 3pm	9 Strength Training @ 10 Cards, games & puzzles Kathy Schey/Maryland Access Point @ 10am	10 Walkers @ 9am Nutrition value & benefits of Watermelon Bridge @12:30	11 Strength Training @ 10 Cards & games NSL Wii Bowling	12 Walkers @ 9am Canasta @ 12:30 Wii Bowling
15 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30- 3pm	16 Frederick Senior Center Picnic 10:30- 1:30pm \$5.00 \$7.00 with transportation	17 Walkers @ 9am Brown Bag Bingo @ 12:30 Pool 12:30 – 2:30	18 Strength Training @ 10 Elly Jenkins Medicare/I&A NSL Wii Bowling	19 Walkers @ 9am Flu Clinic 10-12 Please sign up Canasta @ 12:30
22 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30- 3pm	23 Strength Training @ 10 Whole Grains/Deb. Rhoades@11am OPEN HOUSE & FREE LUNCH @11:30 Call 301-600-6350	24 Walkers @ 9am Bridge @12:30 Card Party @ 7pm	25 Strength Training @ 10 Cards & games NSL Wii Bowling	26 Walkers @ 9am Canasta @ 12:30 Wii Bowling
29 Walkers @ 9am Bowlers meet @ 12:15 Art class 1:30- 3pm	30 Strength Training @ 10 Whole Grains Cooking Demo /Kitty Devilbiss @ 11am	 SEPTEMBER 2014  Emmitsburg Senior Center		

Linda Umbel- Coordinator 301-600-6350